

From: **Chelan Evening Farmers Market** manager@chelanfarmersmarket.org
Subject: Talk About Fresh 6/16/2016
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To: manager@chelanfarmersmarket.org

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Whats Fresh

Still on the cooler side lately and we may have a few sprinkles on Thursday, but all the better for our local farmers! We have loads of greens, strawberries, raspberries, cherries, garlic scapes, nuts, fresh eggs & local chicken, honey, flowers, baked goods, plant starts, local crafts and more.

The Forecast for Market Day

DAY 69° _{HI} RealFeel® 72° Precipitation 40%	THU JUN 16 	NIGHT 45° _{LO} RealFeel® 44° Precipitation 13%	THU JUN 16 
Mostly cloudy with a shower in spots in the afternoon		Mainly clear and cool	
WSW 7 mph Gusts: 10 mph		WNW 5 mph Gusts: 9 mph	
Max UV Index: 6 (High)		Max UV Index: N/A	

Thunderstorms: 20%
Precipitation: 0.01 in

Thunderstorms: 8%
Precipitation: 0 in

2nd Annual Cherry Pit-Spitting Contest

It's spitting time again this Thursday at the market!

Contest begins at 4:30

The cherries are early and so is our spitting contest. Join us at the Chelan Thursday Evening Farmers Market's 2nd Annual Cherry Pit-Spitting Contest.



The contest is open to everyone and is a low-key competition. There will be separate age divisions 0-6 | 7-15 | Women's | Men's, each with a first prize winner.

Again, we thank [Chelan Fresh](#) for their support and their delicious Cherries!

Come for the opportunity to spit without being chastised, or just watch all the action.

Don't miss the fun!



Music at the Market Series

Mike Bills entertains at the market this Thursday. Mike has a fun and eclectic variety of music in his repertoire and has been playing at the market for the last 3 years.

As always we thank the [Historic Downtown Chelan Assoc.](#) and its members, and [Chelan Chamber of Commerce](#) who proudly help to sponsor our Music at the Market Series.

Recipe of the Week

Hazelnut-Crusted Chicken with Raspberry Sauce



Juicy chicken with a crunchy nut coating and a sauce that's both fruity and savory: a terrific dinner-party dish.

Ingredients

Raspberry sauce:

- * 3/4 cup lightly packed fresh raspberries (about 3 1/2 ounces)
- * 3 tablespoons white wine vinegar
- * 1 tablespoon sugar
- * 1/2 cup safflower oil
- * 3 to 6 teaspoons water (optional)

Chicken:

- * 1 cup chopped hazelnuts (about 4 1/2 ounces)
- * 3/4 cup panko (Japanese breadcrumbs) or plain dried breadcrumbs
- * 1 tablespoon plus 1 teaspoon coarse kosher salt
- * 3 teaspoons coarsely ground black pepper, divided
- * 1/3 cup honey mustard
- * 1/3 cup finely chopped fresh mint leaves
- * 1/4 cup mayonnaise
- * 1 tablespoon Dijon mustard
- * 4 large skinless boneless chicken breast halves, butterflied
- * 4 tablespoons (1/2 stick) unsalted butter
- * 3 tablespoons peanut oil
- * 4 cups baby salad greens
- * 1/2 cup fresh raspberries

Directions

For raspberry sauce:

1. Puree raspberries, white wine vinegar, and sugar in blender until smooth.

With blender running, gradually add safflower oil. Add water by teaspoonfuls as needed to thin to desired consistency. Season raspberry sauce to taste with salt and pepper.

For chicken:

1. Preheat oven to 375°F. Mix hazelnuts, panko, 1 tablespoon coarse salt, and 2 teaspoons pepper in shallow bowl.
2. Mix honey mustard, mint leaves, mayonnaise, Dijon mustard, remaining 1 teaspoon coarse salt, and remaining 1 teaspoon pepper in bowl. Add chicken; coat.
3. Dip chicken pieces, 1 at a time, into crumb-nut mixture, coating both sides and pressing to adhere. Transfer coated chicken pieces to baking sheet.
4. Divide equal amounts of butter and peanut oil between 2 large nonstick skillet; heat over medium-high heat. Add 2 chicken pieces to each skillet; reduce heat to medium and cook until chicken is light brown, about 4 minutes per side. Place chicken on rimmed baking sheet; transfer to oven. Roast chicken until cooked through, about 15 minutes.
5. Divide salad greens among 4 plates; top with chicken. Garnish with fresh raspberries and serve raspberry sauce alongside.



Children's Story Time!

Drop in with Jennifer from the Chelan Public Library from 4:30 - 5:30 for Storytime at the Market. Grab a bumper quilt and listen to stories, poetry with movement, rhymes and rhythms while learning early literacy skills.

Free gardening advice

Chelan county is blessed with folks who love to grow plants. This year, we welcome back the Master Gardeners Pam & Patty, every week at the Market's Information Booth. So bring in your wilted leaves and those unidentifiable critters munching wildly in your yard and see what the Master Gardeners have to say.





Friends-of-the-Market

What is the best way to have vibrant community farmers markets?

By making your purchases from local farmers/crafters each week.

If you want to do more to make this a market you can *be proud of*, consider becoming a

Friend-of-the-Market.

Learn more about this program at the market booth located at the front of the market.

2016 Friends of the Market:

Look for this sticker on windows of your favorite businesses and people

HDCA & their members

Chelan Fresh

Additional Vendor Space Available

We have expanded our market to include more vendor spaces for crafters, prepared foods & other non-farmer booths. We are also opening up to accept vendors throughout the season. Visit our [website](#) to learn more.



Division of Glacier Bank

Chelan Evening Farmers Market would like to thank NCB for their continued support. They are our major sponsor.

